

Abstrakt

Title: Safety measures for hiking and cycling

Objectives: The objective of this work is consistent and understandable description of the safety measures for hiking and cycling.

Methods: The diploma thesis in the theoretical style is focused on searching for available sources and the research upon them, comparing of the sources and description of hiking and cycling, and listing the safety measures as well.

Results: It was found that in selected works of Czech and foreign authors is sufficiently elaborated safety theme for tourism. The work describes hiking in adverse conditions behavior in nature and the recommended procedure for emergency situations. In works devoted to cycling is also carefully prepared technique bike riding, bike repair and care of him and recommendations for cycling gear. Furthermore, it was found that the cyclist applies rules to be respected, because the work contains a description of the rules and instructions on how to behave on the road and traffic. In work is also included historical development of both types of tourism, as well as the division between tourism and the inclusion of sport and physical activity universally.

Keywords: tourism, tourist, cycling, routes, tourist signs, first aid